



# The Hangleton & Knoll Project

Annual Report 2022-23



**The Hangleton  
& Knoll Project**

Working for a better community





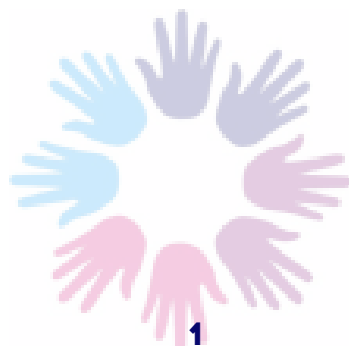
# The Hangleton & Knoll Project Annual Report 2022-23

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# The Hangleton & Knoll Project Annual Report 2022-23

## **A. Annual Highlights**



# The Hangleton & Knoll Project Annual Report 2022-23

## Crisis, building resilience and integrated health for all

The Hangleton and Knoll Project have had a successful year as we flexed to provide a range of opportunities, activities and new support to help the diverse communities of the West of Brighton and Hove to feel better, more connected and healthier.

Our central focus was on improving wellbeing, reducing isolation, and supporting healthier lifestyles across all age groups. We worked both in partnership with our amazing primary care and public health colleagues, and together, for and with our local population to improve health and tackle the health outcomes gap with the rest of the City.

We supported vaccination efforts both around Covid-19 and childhood immunisations, and introduced a range of facilitated community peer support groups to bring together people experiencing diabetes diagnosis, menopausal symptoms and mental health issues. We provided a huge variety of free exercise groups, activities and wellbeing opportunities alongside engagement and education events.

Our methods remain resident-led, asset-based, grassroots community development and, together with a huge range of partnerships with other voluntary organisations, ensure that our communities benefit from all the City has to offer. Equally important is the ongoing work with our statutory partners at Brighton and Hove City Council and the NHS to support co-production and co-design processes; enabling those with the experience to know what changes will make the most impact to be involved at every stage of service development, commissioning, and review.

Joanna Martindale  
Chief Executive Officer

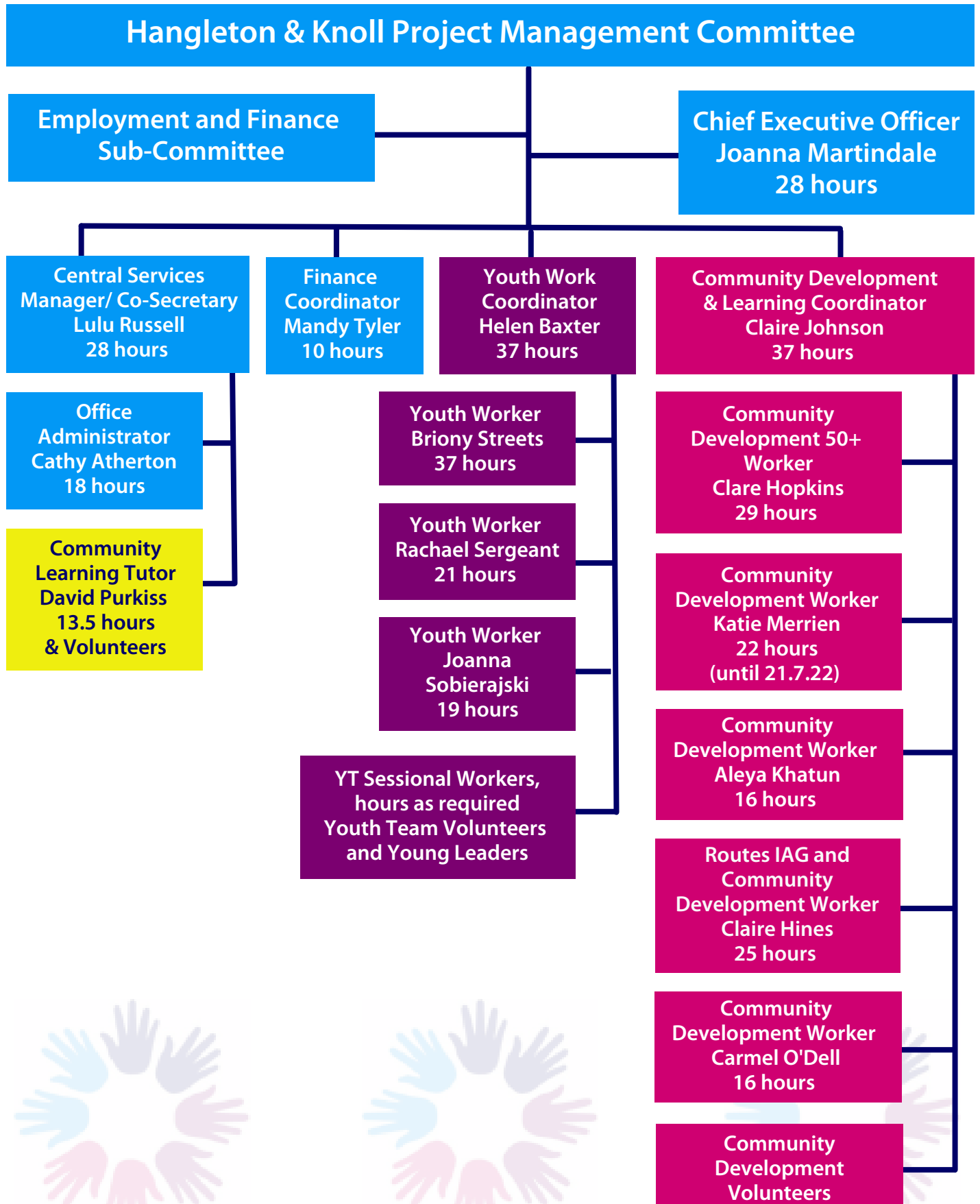
Some of the things we feel can make the most positive impact on people's health and wellbeing (in our communities, and/or for ourselves) include:





# The Hangleton & Knoll Project Annual Report 2022-23

## Organisation Structure



# The Hangleton & Knoll Project Annual Report 2022-23

## Outcomes Summary

In 2022/23, the Hangleton and Knoll Project:

Supported over

**3,531**

people, including:



at least **801**  
new people



**657** or more people  
from multicultural  
communities

Supported and provided over



**95**  
groups, support  
sessions and activities

including **11**  
new ones

Organised and supported  
**108** events  
attended by

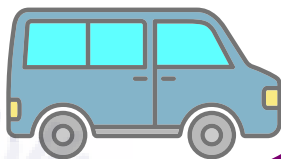


more than  
**2,134**  
people



Organised

**24**



trips attended by

**130**  
people



Raised **£60,354**

for the benefit of the community

and supported local groups

to



for

**22**

funding grants



Raised

**£780,000**

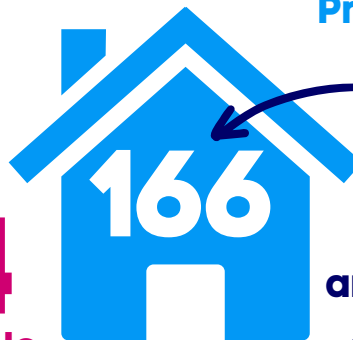
capital  
to build

a new youth centre in Knoll Park

Supported **17**  
volunteers



Provided food  
vouchers to  
households



and gave out

**149**

Winter/Summer Safety Kits  
to local young  
people



partnered with more than

**101**

providers,  
organisations and groups

# The Hangleton & Knoll Project Annual Report 2022-23

## Our response to the cost of living crisis

Our Youth and Community Development workers co-organised a series of events and activities for all of our communities; targeting those most impacted by the cost-of-living crisis. Receiving enabled us to **give food and Tesco vouchers** to:



with no  
children  
under 19



with older  
people  
aged  
67+



with children aged  
18 and under



TESCO



To: The Hangleton and Knoll Project

£15,000

1234 5678 9876 5432



Household  
Support  
Fund



Big Munch Family Lunch Club



137

attended our **Big Munch Family Lunch Clubs** with

free healthy lunches and activities in the school holidays. We worked hard to make them more inclusive with Halal food and by integrating families from ethnically diverse backgrounds via our Equalities and Inclusion Worker.

"Thank you so much for this lovely event bringing the community together and for the vouchers, I was dreading Christmas and honestly did think I'd be able to afford to cook a Christmas dinner for my family as we seem to spend all our money on gas and electric. The vouchers mean we can now have a Christmas dinner, it makes me feel very emotional, thank you" - single mother with 3 children under 19

This included a "Christmas Special" Winter Celebration with music, festive crafts and a shared themed lunch.

We helped organise a **Christmas Lunch** to bring together 20 isolated older people for a home-cooked Christmas dinner and games.



Knoll Lunch Club Christmas Lunch

I don't really get out very much, it was nice to get out and eat a meal together, much better than being alone at home

We partnered with Brighton and Hove Energy Co-operative (BHESCO) to organise **two workshops** providing energy-saving advice, and a referral and information pathway to other services and energy grant schemes for households on low incomes.

HANGLETON AND  
KNOLL PROJECT

THE BIG  
MUNCH

WINTER CELEBRATION

MONDAY 19TH

DECEMBER 12-2pm

At St Richards Community  
Centre, Egmont Road, Hove  
BN3 7FP

(Free Parking available nearby and  
close to the station)

Electric Bill Charges

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

Electric Usage History

NEED A HELPING HAND WITH  
ENERGY BILLS?

Two FREE Workshops providing  
information on financial support available  
energy saving tips and your questions  
answered

Monday 24th October  
and  
Wednesday 9th Nov  
10-11.30am  
At St Richards





# The Hangleton & Knoll Project Annual Report 2022-23

## Targeted health and wellbeing work



# The Hangleton & Knoll Project Annual Report 2022-23

## Community Development Team

Supported  
**2,374**

people to attend and manage  
community groups, including:

**751** new people



**37** older people from  
the LGBTQIA+  
community



**402** from multicultural  
communities

Raised **£60,354**

for the benefit of the community.



Supported **54**  
groups

including **11** new groups

Supported **7** volunteers



### Our Community Development Team also:

Supported our  
community to run



"open" community events,  
attended by

**103** **2,134**

residents

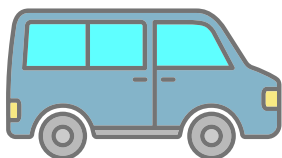


+ **74**  
service providers



Organised

**5**



**130**  
people

50+ Trips attended by

Had

**1,194**

1:1 conversations with  
people aged 50+





# The Hangleton & Knoll Project Annual Report 2022-23

## Community Development Team

**Some highlights from this year have included:**

### **Hangleton and Knoll 50+ Coffee and Chat Drop-in**

The HK50+ Coffee and Chat drop-in was launched in response to older residents raising the need for an informal, safe, warm space to meet for social connection that wasn't focused on activities. 25 older residents attended the pilot and gave feedback about their needs, how they had travelled there, the venue and frequency of the drop-ins. The outcome was a central venue that can be reached from Hangleton and Knoll areas by bus, and is located close to the shops and chemist for multi-tasking, which has worked well. Most people walked or used mobility scooters; with only a few needing to drive. All attendees were signposted to other community and wellbeing activities (including the Spring Hop event), and linked to services as needed. Over 100 older residents have been engaged via this activity, which shows a clear need for simple social connection. There is a plan to continue this monthly moving forward. It has also really helped to revive the 50+ community network post-Covid; with many of the attendees accessing multiple face-to-face activities and building new friendships.

I really enjoy coming to this drop-in, it is a great place to meet my friends and I have met some new people too. I look forward to it every month

### **Multi-Cultural Women's Walking Group**

The Multi-Cultural Women's walking group started as a pilot to promote walking and exercise for wellbeing, and was supported by our Equalities and Inclusion Worker in partnership with Brighton and Hove City Council's Transport Sustainability team. The pilot was a great success in engaging 26 older women. The project is aimed at older women from ethnically diverse backgrounds, and Hangleton and Knoll Multicultural Women's Group has helped with fundraising and establishing it as a regular activity. It is user-led, with participants choosing a variety of walk locations including a Black Rock seafront biodiversity walk, Hove Park, West Hove Golf Course and the Old Dyke Railway track up onto the South Downs. It is a thriving group, providing mental and physical wellbeing benefits and building cross-cultural social connections between older women from a diverse range of ethnic backgrounds.

Lovely Group, kind, thoughtful and fun. Great to go to different places and learn about other parts of Brighton which has inspired me to explore more. Also great to feel taken care of with lovely food and everything. It's been a brilliant activity for the group, lots of opportunity to get closer and learn about each other





# The Hangleton & Knoll Project Annual Report 2022-23

## Youth Work Team

 **2,598** attendances by  **546** young people  **10** weekly clubs ran **429** sessions (during term time)

 **24** supported through health and wellbeing work. 


 **43** supported to attend and participate in **YouthWise** Brighton & Hove Young decision makers 

 **55** Youth Bus sessions

 **5** live audience performances in

 **4** venues across the City

## Our Youth Team also:

Gave out kits and safety support during "Wise in Winter" and "Safe In Summer" campaigns\* 

**149**

Took young people on trips & holiday sessions. 

**19**

Worked with, and had support from, **21** organisations to deliver our youth programmes\*\* 

Supported **5** groups of young people to apply for youth-led grants

**APPLY** 



"[Platform B DJ-ing project] was really fun, I've never tried that before. They just let you play tracks and mix what you like."

"It was really fun to do [the graffiti project], I love art but I've never done anything like this before, I think it will make people feel welcome and the park look nicer"

"[My daughter] has really enjoyed getting back into dance and making new friends within the community she lives in! As a parent I'm really pleased that she has this opportunity again. Thank you for all your hard work!"



"[My daughter's] confidence has soared since joining. She can't wait to return. Two massive stage performances already. She enjoys being part of a team, and is always speaking highly of her peers. Glad to have something for the youth that's safe and healthy and most of all fun"

\* Thanks to donations from The Noel Bennett Charitable Trust, Sussex Community Foundation & Waitrose.

\*\* Healthy Neighbourhood Fund, Safer in Sussex Community Fund, Y.E.S. Project, BHCC Healthy Lifestyles Team, Extratime, Amaze, Brighton Streets with TDC and Turner, WBC Cares, Brighton and Hove Boxing Team, Albion in the Community, Brighton Table Tennis Club, Hangleton Community Centre, The Pebble Trust, Active Sussex, The National Trust, Co-op, Sussex Community Foundation, **10** Komedia Productions, Rotary and Brighton and Hove Food Partnership.

# The Hangleton & Knoll Project Annual Report 2022-23

## Community Learning and Computer Drop-In

**306**  
attended



**434**

sessions of



different  
courses,  
workshops  
and activities

and  
**179**  
attended

of whom...

64% were White



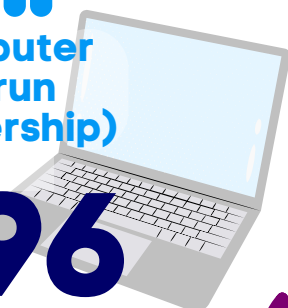
5% were Black or  
Black British

24% were Asian  
or Asian British

7% were from other  
ethnic groups

Free computer  
drop-ins (run  
via partnership)  
a total  
of

**696**  
times



57% were age  
41 - 70

12% were  
age 71+

31% were  
age 18 - 40



**99%** of people  
learned  
something new



**98%**



of people said they felt  
better after the session(s)

**69%**  
**31%**



**98%**

of people  
felt more  
confident  
after the  
session(s)



**100%** of people enjoyed  
attending the session(s)



HKP has been very  
valuable in restoring  
my confidence and  
meeting up with new  
people, as well as  
applying for jobs.





# The Hangleton & Knoll Project Annual Report 2022-23

## Community Learning and Computer Drop-In

### Our courses included:

- ESOL Conversation Health
- Wellbeing Course
- Singing for Wellbeing (3 courses)
- Beginners' Excel
- Diabetes workshops
- Persian Tile workshops
- Food Hygiene
- Beginners IT
- Paediatric First Aid
- Summer Wellbeing Course
- Yoga (4 courses including 1 with Brighton Yoga Foundation)
- Wellbeing: Christmas Sing-a-long
- Shape Up (4 courses)
- Improvers' IT
- First Aid
- Older Wiser Still Working
- BHESCO (2 courses)
- Beginners' Word
- Wellbeing: Through Art and Creativity
- ESOL - Everyday English for Beginners



The work HKP does in our community is invaluable. The activities provide opportunities to learn new skills, improve physical and mental health. Taking part in the activities makes me happier, more confident. I have made new friends and enjoy the social interaction.

Song companion is an inclusive, friendly group that has ignited a new interest. The informality of the group, skilfully led by Lizzie has helped me to develop confidence in joining a group and singing.

I feel more confident, healthy, it gives me more strength. Has improved my back my bending.

I really appreciate the IT course because now I feel more confident using the computer. The lesson is well organised. Many thanks.

Very informative and helpful – thank you!



# The Hangleton & Knoll Project Annual Report 2022-23

## Routes Employment Project (2016 - 2022)

Our Routes Employment Project (running since 2016) ended in October 2022. During the course of the project, the Hangleton and Knoll Project supported:



Engaging with Routes has made a huge difference to my life. I have found it incredibly helpful having to time to explore my options and interests alongside an advisor who has been so encouraging and supportive.

Going to Routes was the catalyst for the positive changes that I needed to make within my mindset, I felt so pleased with myself that I had even gone to the initial meeting with her.

# The Hangleton & Knoll Project Annual Report 2022-23

## Our funders and finances

Our finances in 2022/23 were as follows:

Income	Expenditure
£546,980	£522,199

We would like to thank all of the individuals and organisations whose hard work and generosity has allowed us to make a difference in our community, including:



Albion in the  
Community



WAITROSE  
& PARTNERS



Sussex





# The Hangleton & Knoll Project Annual Report 2022-23

## **B. REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023**

**FOR**

## **THE HANGLETON & KNOLL PROJECT (A COMPANY LIMITED BY GUARANTEE)**

Company Number : 07260539  
Charity Number : 1139971

